

Coping Skills Bingo

Write a letter to someone	Arts and Crafts	Exercise	Think about happy memories	Read
Count down from 10	Watch a movie	Take a shower	Blow bubbles	Use positive self-talk
Write about your feelings	Build something	FREE	Muscle relaxation	Play cards
Use a stress ball	Play with a pet	Talk to a friend	Go outside	Take a 3 minute break
Cook something	Try something new	Dance	Write in a journal	Deep breathing

Coping Skills Bingo

Write about your feelings	Write in a journal	Blow bubbles	Play with a pet	Count down from 10
Think about happy memories	Play cards	Exercise	Take a 3 minute break	Build something
Muscle relaxation	Arts and Crafts	FREE	Go outside	Talk to a friend
Deep breathing	Write a letter to someone	Dance	Use a stress ball	Cook something
Read	Listen to music	Use positive self-talk	Take a shower	Watch a movie

Coping Skills Bingo

Use a stress ball	Go outside	Write about your feelings	Deep breathing	Think about happy memories
Try something new	Use positive self-talk	Write in a journal	Play with a pet	Build something
Talk to a friend	Blow bubbles	FREE	Muscle relaxation	Exercise
Listen to music	Read	Cook something	Arts and Crafts	Write a letter to someone
Watch a movie	Take a shower	Play cards	Take a 3 minute break	Dance